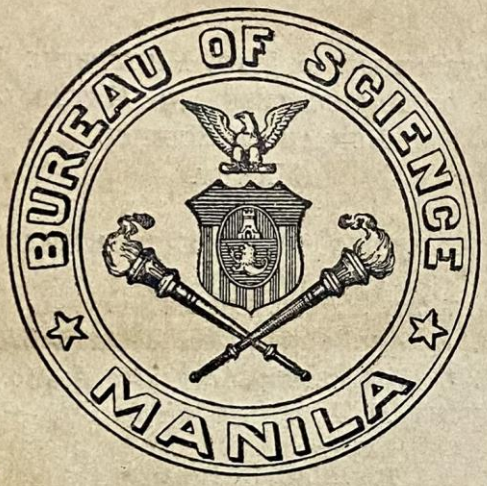
ROSELLE RECIPES

BY

MARIA Y. OROSA



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ROSELLE RECIPES

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ROSELLE RECIPES

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Roselle, *Hibiscus sabdariffa* L., is native to India and Malaysia. It is used for making tarts, jellies, and wine. Roselle has been extensively cultivated in Australia for many years and as early as 1892 two large factories for putting up roselle jam were built there. The date of the earliest introduction of roselle into the United States has not been definitely determined but it is known that about 1896 it was brought to California from Australia.

Four varieties were introduced into the Philippines by P. J. Wester, horticulturist, Bureau of Agriculture, in 1905, the best of which are Rico and Victor. The plants of the Rico variety are from 1 to 2 meters tall, and are more spreading than the other varieties. The fruit is dark red. The red portion is the fleshy calyx. The fruit is from 40 to 50 millimeters long and 28 to 32 millimeters in diameter.

The plants of the Victor variety are more slender and upright. It fruits somewhat earlier than the Rico. The fruits are reddish and are about the same size as the Rico variety, but taper toward the end. Preparations from both the Rico and Victor varieties are of a brilliant red color.

According to P. J. Wester, roselle will thrive on any fertile soil, but will grow best in places where annual rainfall is ample. In the Philippines, the best time for planting is during the month of May and not later than June, and the fruit should be gathered 15 days after blossoming, otherwise the fruit will be fibrous and less juicy.

The yield per hectare is from 6,500 to 8,000 kilos. In Hawaii, up to 16,800 kilos are harvested per hectare if planted as intercrop with rubber, and if the entire field is devoted to roselle, the yield goes up to 19,000 kilos per hectare. Granting that the yield per hectare is only 8,000 kilos, if the crop is sold at five centavos per kilo, it will mean a gross income of ₱400 per hectare, which exceeds the income from planting rice, corn, or many other articles of food raised here.

The young leaves of the roselle are used as a substitute for spinach, or they may be cooked with fish or meat for making "sinigang" (a typical Filipino dish of either fish or meat cooked with an acid fruit or acid leaves, such as mango or tamarind leaves).

The Rico and Victor varieties are desirable for the preparation of drinks, jams, and jellies on account of their attractive, brilliant red coloring. The flavor of roselle is very similar to that of the cranberry, a very expensive article of food in the Philippines, which is important from the United States, and sells fresh at from ₱1.35 to ₱1.50 per kilo. The jam, jelly, sauce, and other preparations made from roselle are very similar in appearance and taste to those made from cranberry.

There is little doubt that if some of the excellent preparations made from roselle become better known, its planting and cultivation will be encouraged. Many people who have tried the roselle juice made in our laboratory claim that it excels the many soft drinks commonly sold in Manila and the provinces from which thousands of pesos are realized daily. Many who have tried the roselle jelly have expressed the wish that it were available in the groceries.

The preparation of juice, jam, jelly, sauce, etc. at home and commercially, will mean an added delicacy for our table; a source of income for idle farms; utilization of the soil between trees as intercrop; a new article for export; reduction of imported juices, syrups, jams, jellies, sauces, etc., which are valued at hundreds of thousands of pesos annually.

PREPARATIONS

Some preparations that may be made from roselle are:

1. Jelly
2. Jam
3. Butter
4. Preserve
5. Conserve
6. Marmalade
7. Paste
8. Chutney
9. Pickle
10. Catchup
11. Sauce
12. Juice
13. Syrup
14. Wine
15. Vinegar
16. Nata
17. Punch
18. Cocktail

SOME USEFUL HINTS

The fruit of the roselle consists of the calyx, the red portion, and the capsule containing the seed. It is rather difficult to separate the calyx, or the edible portion, from the capsule, or refuse, with the fingers. By cutting the base of the fruit with a sharp knife the capsule can be easily removed.

Only porcelain or aluminum pans should be used in cooking the fruits as the acid content readily attacks other metals.

Wooden spoons are best for stirring.

Cheesecloth may be used as a filter for the juice, although felt is better.

Only stainless knives should be used for cutting.

If the preparation is intended to keep indefinitely it is best to have the bottles ready before starting the work. There are two types of preserving jars in the market: The screw-top and the glass-top jars, of pint, quart, and half gallon capacity. The screw-top jars are cheaper, but those that have the glass top have a few advantages over the others: namely, that the tops can be used repeatedly, that they are easier to seal and to open, that the detection of mold is made easier, and that they present a better appearance than those with the screw top.

Before preparing the jelly, one should become familiar with the steps in the preparation of jelly, such as the detection of the jellying point, and other important facts regarding jelly making. These are explained in detail in a pamphlet, "Preservation of

Philippine Foods," by Maria Y. Orosa, which is obtainable from the Bureau of Science at ten centavos per copy. This pamphlet also explains the general steps to follow in making preserves, jams, marmalades, etc.; the sterilization of bottles; types of sterilizers; and gives a time table for sterilizing different preparations.

ROSELLE JELLY

Cut the base of the fruit with a sharp knife.

Separate the calyces and wash them thoroughly.

Place in a porcelain pan and add enough water to cover them.

Boil briskly for 25 minutes. Strain the juice through cheesecloth (felt is better).

To each cupful of juice add from ½ to ¾ cupful of sugar, and boil in a porcelain pan, over a strong fire, for 25 to 30 minutes, or until the jellying point is reached.[1]

Fill the jelly glasses while the jelly is hot and let them stand undisturbed to cool.

Pour melted paraffin over the solid jelly and adjust the metal cap of the glass.

Label and store.

The jelly should be made as quickly as possible, otherwise a thick syrup results. In order to prevent too long cooking, a small quantity should be made at a time.

ROSELLE JAM

Cut the base of the fruit with a sharp knife and separate the calyx from the capsule. Wash the calyces thoroughly and boil in a porcelain pan with just enough water to barely cover them. Boil until they are tender. Pass the calyces through a meat grinder or mash with a masher and add sugar in the

[1] The jellying point is reached when the temperature of the boiling juice and sugar has reached 107° C. If a hard jelly is desired the temperature may be raised to 110° C. Those who have no thermometer may detect the jellying point by dipping a spoon into the pan containing the boiling juice and sugar, holding it up and letting the juice drip. When the juice clings together and falls in large drops or in a mass the jellying point is reached.

proportion of ¾ cupful of sugar to 1 cupful of calyces. Boil the mixture to a medium thick consistency.

If it is desired to keep the jam indefinitely, transfer the jam while hot to clean pint preserving jars, half seal the jars,[2] and sterilize for 25 minutes in boiling water.[3]

ROSELLE BUTTER

Separate the calyces and wash them thoroughly. Boil in a small quantity of water until they are soft.

Cool and pass the pulp through a fine sieve (sinamay cloth may be used).

Measure the pulp and to each cup add from ½ to ¾ cupful of sugar. Cook until the mass is medium thick.

Transfer the butter to pint jars; half seal them, and sterilize them for 25 minutes in boiling water.

Seal the jars completely after sterilization and cool.

Label and store in a cool, dry place.

ROSELLE PRESERVE

Separate the calyces from the capsules and wash them thoroughly.

Place them in a porcelain pan, add enough water to half cover them, and sugar in the proportion of 1 cupful of sugar to each cupful of calyces.

Cook slowly for 30 minutes.

Transfer while hot to pint or quart jars. Half seal the jars and sterilize; the pints 25 minutes and the quarts 30 minutes, in boiling water.

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[2] By half sealing the jar is meant closing the jar tight enough to prevent the entrance of water while sterilizing, and loose enough so there is no pressure created in the jar while sterilizing it. The presence of pressure in the jar generally means breakage.

[3] Sterilizers and methods of sterilizing are explained in the pamphlet entitled, "Preservation of Philippine Foods," by Maria Y. Orosa, which is sold by the Bureau of Science at ten centavos per copy.

Seal the jars hermetically after sterilization, and let them stand in an inverted position on a dry board.

Examine for leaks, label, and store them in a cool, dry place.

ROSELLE CONSERVE

4 cupfuls roselle calyces
1 cupful cold water
2 small boxes seedless raisins
⅔ cupful boiling water
1 cupful shelled pili nuts, cut into small pieces
2 cupfuls sugar

Wash the roselle thoroughly. Place it in a porcelain pan, add the cold water and boil with the pan covered, until the calyces are soft.

Pass through a sieve, adding the boiling water while sifting.

Add the raisins and sugar, and boil for 15 minutes.

Add the nuts and continue cooking for 15 minutes.

Transfer the conserve while hot to pint jars, half seal them, and sterilize for 25 minutes in boiling water.

Seal tightly after sterilization and cool.

Label and store in a cool, dry place.

ROSELLE MARMALADE

Proceed as in roselle jelly, adding to the boiling jelly pieces of calyces boiled in 1 to 1 syrup.

The marmalade should look like jelly with pieces of the calyces suspended in the jelly.

ROSELLE PASTE

Proceed as in roselle butter but cook the butter longer until the mass becomes solid when cooled.

While hot, pour in a shallow pan about ¼ inch thick.

Cool and cut to desired pieces. Wrap each piece in oiled paper.

Keep in tightly closed jars to prevent weeping, or watering.

ROSELLE CHUTNEY

Wash the calyces thoroughly and drain.

4 cupfuls roselle
4 cupfuls brown sugar
1½ cupfuls vinegar
1 hot pepper, sliced
1 teaspoonful salt
1 section garlic, sliced fine
1 small piece of ginger root, sliced to thin pieces, crosswise
2 small boxes of seedless raisins

Boil the vinegar, salt, and brown sugar and strain through a piece of cheesecloth. Return to the pan and boil again until it becomes medium thick. Add the roselle and continue boiling until soft. Add the raisins, the sliced garlic, and hot pepper, and boil for 5 minutes. Lastly, add the sliced ginger and boil until thick.

Pack in well-sterilized jars while boiling hot, and seal hermetically.

Roselle chutney may be served with curries, roast meats, sausages, and fried fish.

ROSELLE PICKLE (SWEET-SOUR)

Wash the calyces and drain.

Place in a porcelain pan and add a very small quantity of cold water. Cover the pan and cook slowly until the roselle is tender.

Make a solution of 2 cupfuls of brown sugar, 1 cupful of vinegar, 2 teaspoonfuls salt, and boil. Strain through a piece of cheesecloth.

Place the solution in a porcelain pan, add the cooked roselle, and boil to a thick consistency.

Add small amounts of nutmeg, allspice, and cinnamon, and cook 1 minute longer, stirring constantly.

Pack while boiling hot in well-sterilized jars and seal tightly.

Label and store.

ROSELLE CATCHUP

Wash the calyces of the roselle thoroughly.

Boil for 30 minutes in enough water to half cover the calyces.

Pass the pulp through a piece of "sinamay" cloth.

Place the pulp in a porcelain pan and to each cup of the pulp add:

- 1 teaspoonful salt
- ¼ cupful sugar
- 1 teaspoonful mustard
- ½ teaspoonful ground white pepper
- 5 tablespoonfuls vinegar
- ¼ teaspoonful each, of cloves, cinnamon, nutmeg, allspice, and paprika

Mix the spices and tie in a piece of cloth.

Boil the roselle pulp with the salt, vinegar, sugar, pepper, and mustard dissolved in the vinegar, for 15 minutes. Drop the bag of spices in the boiling pulp and continue cooking until the catchup reaches the consistency of tomato catchup. Remove the bag of spices, transfer the catchup while hot to clean, sterilized bottles, seal the bottles and sterilize for 15 minutes in boiling water.

One-tenth of 1 per cent of sodium benzoate may be added to the catchup. If this is added no sterilization will be needed.

ROSELLE SAUCE No. I

Wash the roselle thoroughly and drain. Chop to small pieces with a stainless butcher knife and place in a porcelain pan.

To ½ kilo of roselle calyces add:

- 1 cupful water
- ⅛ cupful chopped onion
- ⅛ cupful chopped green pepper
- ⅛ cupful chopped red pepper
- ¼ cupful sugar
- ½ teaspoonful ginger, chopped fine
- ⅛ teaspoonful each, of cinnamon, mustard, and nutmeg
- 1 tablespoonful salt
- ⅛ teaspoonful cayenne pepper

Mix the above ingredients together and boil until medium thick.

Place in clean jars, half seal, and sterilize for 25 to 30 minutes.

Seal completely after sterilization.

Label and store.

ROSELLE SAUCE No. II

Clean the roselle thoroughly. Pass through a grinder. To each pint (2 cupfuls) of chopped roselle add 1 pint of water; 1 cupful sugar and boil 30 minutes, or until thick. Add ½ cupful of port wine and mix thoroughly. Transfer to well-sterilized jars and seal completely.

ROSELLE JUICE

Clean the roselle calyces and place them in a porcelain pan. Add enough water to barely cover them. Boil for 30 minutes. Press the juice and strain it through a piece of fine cheesecloth. To 10 cupfuls of juice add 2½ cupfuls sugar and bring the mixture to a boil. Filter again and place the clean juice in a

large porcelain, aluminum, or glass container, and let it stand 24 hours undisturbed. Solid particles will settle to the bottom. Siphon or decant the crystal juice to another container. Bring it again to a boil and while boiling transfer to clean jars or bottles; seal; and sterilize the pint jars 15 minutes and the soda bottles 10 minutes, in boiling water.

ROSELLEADE

Prepare the juice as in roselle juice. Add ⅛ teaspoon of sodium bicarbonate to each bottle of juice, just before sealing, or add the same amount of sodium bicarbonate to a glass of juice just before drinking it.

ROSELLE SYRUP

Extract the juice from the calyces by boiling, as in roselle juice. Concentrate the juice to one-half its original volume by boiling in a wide, shallow, porcelain pan. Add sugar in the proportion of 1 cupful of roselle juice to 1½ cupfuls sugar. Bring to a boil and strain through a piece of fine cheesecloth. Bottle while hot in well-sterilized bottles and seal completely.

ROSELLE WINE

Follow the recipe for roselle juice, changing the amount of sugar added to 1½ cupfuls for every 10 cupfuls of roselle juice. Dissolve 1 small yeast cake in the juice. Place the juice in a glass, porcelain, or wooden container, cover the container with 4 thicknesses of cheesecloth, and let the juice ferment for from 5 to 7 days. The product is then ready to use and may be bottled and sealed tightly. The wine may be aged in wooden barrels to improve its flavor, although the freshly fermented juice compares favorably with the "tintos" made and sold in Manila.

ROSELLE WINE[4]

Roselle wine may also be made from the entire plant, although here again a product of richer color and better flavor results from using only the calyces. The plant is cut and treated as in making the syrup. After filtering through cloth, the juice

[4] Philip. Journ. Sci. § A 7 (1912) 204.

is placed in a clean cask previously scalded with boiling water. For every 4 liters of juice use 1 kilogram of sucrose, made into a thick syrup with boiling water, and poured into the juice. Suspend yeast in warm water, add this to the contents of the keg, and mix thoroughly by stirring. The keg should now be carefully covered, or if with closed ends the bung may be stopped with loose cotton. To obtain a good wine, foreign ferments should be excluded. The cask is then put aside and allowed to remain undisturbed during fermentation. Within a week this will be near completion. If a sparkling wine is desired, the juice is racked off before fermentation has stopped and it is stored in bottles with corks securely wired to prevent expulsion. If a still wine is to be made, the bottling is delayed until fermentation has ceased. Age will improve the flavor and bouquet, but the young wine is very attractive in taste and appearance. As made from the entire plant, it has a light reddish color and sweet refreshing taste. A complete analysis of the still wine so made gave the following result:

Analysis of roselle wine.

	Per cent.
Total acidity as malic by titration	0.64
Total acidity as d-malic by polarization	0.62
Volatile acids as acetic	0.02
Alcohol by volume	8.80
Specific gravity	1.0631
Specific gravity dealcoholized wine	1.0762
Extract	19.79
Direct polarization ° V.	−37.20
Invert sugar	13.68
Sucrose	1.05
Protein (N x 6.25)	0.092
Ash	0.380
P_2O_5	0.016

ROSELLE VINEGAR

Proceed as in roselle wine and when the alcoholic fermentation is completed, add a small amount of mother of vinegar, or good, fresh vinegar, and let the solution stand in a glass or porcelain container with 4 thicknesses of cloth covering it, to prevent the fruit flies from getting into it. The vinegar is ready in about 2 months, or longer. Decant the clear vinegar and bottle in clean, dry bottles.

ROSELLE NATA

While the acid or acetic fermentation is taking place, a pinkish, gelatinous film grows on top. In about 3 weeks the film is from ½ to ¾ of an inch thick. Collect this "nata" and soak it in plenty of water. Change the water at least four times a day. Continue the operation until the odor of the vinegar can no longer be detected. Slice to desired pieces and blanch in boiling water. Rinse and drain. Make a syrup of 1 part sugar and 1 part water. Boil slowly in this solution 30 minutes. Drain and pack the pieces in preserving jars. Strain the syrup left after boiling the nata in it, and to every cupful add ¼ cupful of roselle syrup. Bring to a boil and fill the jars containing the nata, with this syrup. Half seal the jars; sterilize for 30 minutes; and seal completely after sterilization. Cool the jars in an inverted position. Label and store in a cool, dry place.

ROSELLE PUNCH No. I

5 cupfuls roselle juice
1 cupful orange juice
Juice of 5 limes

Mix the above and serve cold.

If intended to keep, bring to a boil and bottle while hot. Sterilize the bottles 10 minutes, in boiling water.

ROSELLE PUNCH No. II

5 cupfuls roselle juice
1 cupful chopped pineapple
1 cupful orange juice
Juice of 3 limes

Mix the above and proceed as in Punch No. I. This must be served cold.

ROSELLE-WHISKY PUNCH

1 cupful roselle juice
1 teaspoonful lime juice
From ½ cupful to 1 cupful whisky

Mix and chill. Serve cold.

ROSELLE-FRUIT COCKTAIL

2 cupfuls roselle juice
1 cupful shredded native pineapple
½ cupful sherry wine
6 tablespoonfuls brandy

Mix the roselle juice and shredded pineapple and boil 10 minutes. Add the sherry wine and brandy and bottle in sterilized

bottles. Half seal and sterilize 15 minutes. Seal completely. Cool and store.

Add 1 cupful of banana cut into small cubes and 1 cupful of mandarin pulp, and chill before serving.

ROSELLE SANDWICHES

Sandwiches may be made from sliced American bread, butter, and roselle jam, jelly, conserve, or butter.

ROSELLE-CHEESE SANDWICHES

Make a paste from roselle jelly and grated cheese. Insert this filler between two slices of bread from which the crust has been removed.

ROSELLE-PORK SANDWICHES

Make two-layer sandwiches using thin slices of roast pork in one layer, and roselle jelly, jam, or butter in the other.

FRENCH TOAST WITH ROSELLE SYRUP

Slice the bread to ¼ inch thick. Cut off the crust and dip in a mixture of 1 cupful of milk, 3 well-beaten eggs, and a few pinches of salt. Fry in hot, deep lard until brown. Serve with roselle syrup.

ROSELLE PIE No. 1

1½ cupfuls flour
6 tablespoonfuls butter or shortening
1 teaspoonful salt
Water, enough to moisten

Sift the flour and salt twice, and work in the butter or shortening with the fingers until it has the consistency of corn meal. Add the water gradually, adding only enough so the dough clings together. Chill and divide into two parts. Roll out one part to ¼ inch thickness, keeping the paste as nearly circular as possible. Spread in a pie pan and cut the sides with a knife. Prick the bottom with a fork and bake until the crust is brown. Fill with roselle preserve, jam, or conserve, adding a small quantity of water if needed, and cover with the top crust. Bake in a moderate oven until the top crust is brown. The top heat of the oven may be used while baking the top crust.

ROSELLE PIE No. 2

1 cupful roselle juice
½ cupful sugar
3 tablespoonfuls flour
3 eggs
¼ teaspoonful salt
1 tablespoonful butter
5 tablespoonfuls sugar for the meringue

Boil the roselle juice; add the sugar, salt, and the flour suspended in a small amount of water; and continue cooking, stirring constantly over hot water, for 15 minutes. Add the butter and egg yolks and stir in quickly. Take off the fire, cool, and fill a baked pie crust made as per directions under Roselle Pie No. 1. Cover with meringue made from stiffly beaten egg whites and sugar, and bake in a slow oven (300° F.) until brown.

ROSELLE TARTLETS

1 cupful roselle calyces, thoroughly washed and chopped
1 cupful sugar
¼ cupful water

Mix the above and boil 15 minutes. Turn into small pie pans, about 3 inches in diameter, previously covered with pie crust made as in Roselle Pie No. 1. Cover with small strips of pie dough, about ⅛ of an inch wide, and bake in a slow oven for 15 minutes.

ROSELLE FRIED PIE

Drain the juice from roselle conserve, the preparation of which has already been described.

Make puff paste, roll out to ⅛ of an inch in thickness, and cut to small circles about 2 inches in diameter. Place 1 tablespoonful of roselle conserve in the center of each circle and moisten the sides with cold water. Cover with another circle of paste and press the edges firmly together. Fry in deep, hot fat until brown.

PUFF PASTE

1 cupful flour
1 cupful butter
1 tablespoonful sugar
1 egg yolk
Cold water, enough to moisten

Divide the butter into two parts, and place in an ice box or refrigerator to chill.

Sift the flour and sugar twice. Work in ½ cupful of butter. Then moisten with the egg yolk and enough water to bring the dough together. Knead until smooth. Roll out to ½ inch thickness. Fold in the rest of the butter and roll as thin as possible. Fold the paste in 3 layers and roll out again as thin as possible. Fold the paste in 3 layers and place in the ice box to harden. When cool and firm, roll out again and fold in 3 layers, as previously done, and place again in the ice box to chill (for about 20 minutes). Roll out to ⅛ inch thickness.

ROSELLE PUFF

1 cupful flour
1 cupful butter
1 egg yolk
1 tablespoonful sugar
Cold water, enough to moisten

Proceed as in puff paste.

Roll out to ½ inch thickness and cook in a hot oven (400° F.) until brown.

Remove the inner portion of the puff paste while hot, and cool. Fill with roselle marmalade and chopped pili nuts.

ROSELLE PATE CHOUX

1 cupful flour
1 cupful butter
2 tablespoonfuls sugar
2 eggs yolks
1 cupful water.
¼ teaspoonful vanilla extract
A few pinches of salt

Place the water, butter, salt, and sugar in a pan and bring to a boil. While boiling, take the pan from the fire and add the vanilla. Then add the flour, previously sifted, and beat well. When a smooth paste is produced, place the pan back on the fire and cook very slowly for 10 minutes. Take off the fire and place in a pastry bag and force through the tube about 1 tablespoonful of the paste onto a buttered, floured baking sheet. Bake in a moderate oven until the puff is well browned and crisp.

Split and fill the inner portion with roselle jelly.

ROSELLE OMELET No. 1

4 tablespoonfuls roselle jelly
4 eggs
A few pinches of salt
A few pinches of pepper

Beat the eggs, add the pepper and salt and fry with butter in a wide, flat pan, to a thin, round sheet.

Take out of the pan, spread with the roselle jelly and roll the omelet.

ROSELLE OMELET No. 2

1 cupful roselle calyces, well washed, and sliced
½ cupful sugar
1 tablespoonful butter
2 eggs

Cook the roselle in a very small amount of water. Add the sugar, butter, and eggs and bake in a shallow pan, in a moderate oven (300° to 350° F.), until brown.

This may be served with roast pork or other meats.

ROSELLE SNOW

1 cupful roselle butter
3 egg whites

Beat the egg whites to stiffness and fold in very gradually the roselle butter.

Place in a glass dish, chill, and serve with custard cream made as follows:

1 cupful soy-bean milk
2 egg yolks
4 tablespoonfuls sugar
½ teaspoonful vanilla
A pinch of salt

Boil the milk in a double boiler. Beat the egg yolks with salt and sugar, and add the hot milk and vanilla. Mix well and return to the double boiler and cook, stirring constantly, until thick.

ROSELLE JAM TURNOVER

Make puff paste by following the recipe for puff paste.

Roll out to $\frac{1}{10}$ inch thickness and cut to small circles, about 3 inches in diameter. Heap one side of the circle with 1 tablespoonful of roselle jam, to which has been added a small quantity of chopped pili nuts, and fold over the other side of the circle so the edges of the two sides meet. Wet the sides with

cold water and press down with a fork to seal them together. Brush with egg yolk; sprinkle with sugar, and bake in a hot oven until brown and crisp.

ROSELLE-CORNMEAL FRITTERS

4 heaping tablespoonfuls cornmeal
2 eggs
1 cupful milk
½ teaspoonful salt
1 tablespoonful sugar
Lard

Beat the eggs well and add the milk, sugar, and salt. Then add the cornmeal and beat until a smooth batter is produced. Drop the batter, about one tablespoonful at a time, in the hot fat, and fry until crisp. Drain well, and serve with roselle preserve.

BREAD-ROSELLE PUDDING

2 cupfuls of stale bread, cut into small pieces
1 small box of seedless raisins
⅓ cupful sugar
3 tablespoonfuls finely chopped suet
1 egg
1 cupful milk
A pinch of nutmeg

Soak the bread in water until it becomes very soft. Squeeze dry. Beat out all the lumps with a fork, add the raisins, suet, sugar, and nutmeg and mix well. Beat the egg well and add the milk; add this to the bread mixture. Place in a deep buttered pan and cook in boiling water until done. Place the pan in an oven to brown the top, or place a small thin piece of tin or iron sheet on top and place a few red-hot pieces of charcoal over it to cook and brown the top. Serve with roselle syrup.

ROSELLE SOUFFLE No. 1

1 cupful roselle butter
¼ cupful roselle juice
½ cupful flour
2 tablespoonfuls butter
2 tablespoonfuls sugar
¼ cupful milk
2 egg yolks
3 egg whites

Add the roselle juice to the milk. Add this to the flour previously stirred with the melted butter. Cook the mixture until it does not adhere any longer to the sides of the stew pan. Cool slightly and beat in the egg yolks, sugar, and the roselle butter. Stir slightly while adding the stiffly beaten egg whites.

place in a well-buttered pan and bake slowly (40–45 minutes) in a moderate oven.

ROSELLE SOUFFLE No. 2

½ cupful roselle juice
3 tablespoonfuls cake crumbs
3 tablespoonfuls bread crumbs
2 tablespoonfuls sugar
1 tablespoonful butter
2 eggs
½ cupful milk

Mix the roselle juice and milk, and bring to a boil. While hot, pour over the mixed cake and bread crumbs.

Cream the butter and sugar, add the yolks of 2 eggs and white of 1 egg and beat well. Then add the crumbs and mix well. Bake in a moderate oven, from 25 to 30 minutes. Spread on the stiffly beaten white of egg, sprinkle sugar on top, and return to the oven. Bake until the meringue browns slightly.

ROSELLE PASTE FRITTERS

1 cupful roselle paste
3 tablespoonfuls roselle juice
1 cupful flour
1 teaspoonful baking powder
½ teaspoonful salt
2 tablespoonfuls sugar
2 eggs

Sift the flour, baking powder, and salt. Beat the sugar, egg yolks, and roselle juice and add these to the flour mixture. Fold in the stiffly beaten egg whites, and lastly fold in the roselle paste, made as per recipe under roselle paste, shaped to small balls. If the batter is not thin enough it may be thinned with a small amount of roselle juice. It should be thin enough to fold in the fruit and thick enough to hold together. Drop the mixture by tablespoonfuls in hot, deep fat and fry until brown.

ROSELLE-CLARET GELATINE

To ½ cupful of claret wine add 2½ cupfuls of roselle juice, 4 tablespoonfuls sugar, and 3 tablespoonfuls of powdered gelatine. Mix, bring to a boil and continue boiling until all the gelatine is dissolved. Strain through a piece of cheesecloth and pour into a mold while hot. Chill to set. Remove from the mold and place in a jelly plate and serve immediately after removing from the mold.

ROSELLE-ORANGE GELATINE

Dissolve ½ cupful of gelatine powder in 1⅓ cupfuls water over a gentle heat. Divide into 3 equal parts.

To one part add 1 cupful of roselle syrup and mix thoroughly; to another add 1 cupful milk and 4 tablespoonfuls sugar; and to the rest add 1 cupful of orange juice sweetened with 3 tablespoonfuls sugar and color blue with certified food coloring.

Pour the jelly solution in the mold and chill in the ice box. When solid pour on the milk solution and chill again. When it has solidified pour on the orange solution and chill once more.

Remove from the mold by dipping the mold in a pan of hot water.

ROSELLE AGAR (GULAMAN)

Dissolve 10 grams of agar in 3 cupfuls of roselle juice.

Pour in a pan and set to cool. Cut into very small cubes and place in a deep dish. Pour over this coconut milk sweetened with sugar.

ROSELLE-BANANA AGAR

Dissolve 10 grams of agar and ¼ cupful of sugar in 3 cupfuls of roselle juice. Add 1 cupful of sliced banana (saba banana boiled soft in water) and pour into a mold.

Remove from the pan and place in a deep dish.

Serve with thick coconut cream.

ROSELLE SHORTCAKE No. 1

1 cupful flour
2 teaspoonfuls baking powder
¼ teaspoonful salt
1 tablespoonful sugar
⅙ cupful butter or crisco
½ cupful milk

Mix the flour, baking powder, salt, and sugar and sift twice. Work in the butter with the finger tips, and add the milk gradually. Place on a floured board; pat and roll out to ⅓ inch thickness. Place in a buttered pan and bake from 12 to 15 minutes in a hot oven. Split and place in between and on top roselle calyces cooked in 1 to 1 syrup, or roselle preserve. Cover the top with whipped cream or canned milk boiled to thickness with a very small amount of cornstarch.

ROSELLE SHORTCAKE No. 2

1 cupful flour
2 teaspoonfuls baking powder
¼ teaspoonful salt
4 tablespoonfuls sugar
⅙ cupful butter
2 egg yolks
⅙ cupful milk

Mix the flour, baking powder, salt, and sugar, and sift twice. Work in the butter with finger tips, gradually add the egg yolks and then the milk.

Proceed as in shortcake No. 1.

ROSELLE SHORTCAKE No. 3

1 cupful flour
2 teaspoonfuls baking powder
¼ teaspoonful salt
2 tablespoonfuls sugar
3 tablespoonfuls butter
1 egg yolk
⅕ cupful milk

Mix the flour, baking powder, salt, and sugar, twice. Work in the butter with the finger tips, and add the egg yolk. Then gradually add the milk and proceed as in shortcake No. 1.

Split the cake and spread butter on each piece. Cover the bottom piece with soy-bean cream made by boiling 1 cupful of soy-bean milk, 4 tablespoonfuls sugar, and 2 egg yolks until thick.

Then cover top with roselle preserve, and place the other piece of cake on top. Cover again with soy-bean cream and then with roselle preserve.

ROSELLE JELLY PANCAKE

3 eggs
1 tablespoonful sugar
½ teaspoonful salt
1 cupful milk
½ cupful flour
1 tablespoonful butter

Beat the yolks of 3 eggs and add the sugar, salt, and ½ cupful milk. Stir in the sifted flour, and add the other half cupful of milk and the melted butter. Fold in the stiffly beaten egg whites, and bake in a shallow pan, to about ⅙ inch thickness. Spread on the roselle jelly and roll the cake. Sprinkle with sugar and burn the sugar covering the cake with a red hot iron, or a butcher knife heated to redness.

ROSELLE ROLLED CAKE

1 cupful flour
1 teaspoonful baking powder
¼ teaspoonful salt
4 tablespoonfuls milk
½ cupful sugar
4 eggs
½ teaspoonful vanilla

Sift the flour and baking powder 3 times.

Beat the egg yolks with the sugar until thick and lemon colored. Add the milk and vanilla and beat again. Gradually add the flour from the sifter and when the paste is smooth, fold in the well-beaten egg whites. Pour in a shallow, rectangular pan and bake in a moderate oven from 10 to 12 minutes.

Take out of the pan while hot and place on a clean piece of manila paper. Spread on a thick layer of roselle jam or butter and roll the cake while hot. Set aside to cool. Cut crosswise in ¼ inch slices and serve.

JELLY-SAUCE SPICE CAKE

2 cupfuls roselle
1 cupful sugar
½ cupful butter or shortening
A few pinches each of cinnamon, nutmeg, cloves, and allspice
1 egg
½ teaspoonful salt
1½ cupfuls flour
2 teaspoonfuls baking powder
¼ cupful chopped pili nuts

Cream the butter and sugar. Add the roselle, chopped and boiled to softness in a small amount of water, then the beaten egg.

Sift the flour, spices, salt, and baking powder twice, and add the chopped nuts. Add this to the butter and sugar mixture and mix thoroughly. Bake in 2 layers in a moderate oven (375° F.) for 20 to 25 minutes.

ROSELLE-MERINGUE SPONGE CAKE

½ cupful roselle syrup
½ cupful sugar
1 cupful flour
6 eggs
¼ teaspoonful salt

Boil the roselle syrup and sugar until it threads.

Pour little by little over the stiffly beaten egg whites, beating constantly until it cools. Then add the beaten egg yolks and

salt; mix well and fold the flour into the mixture. Bake in a moderate oven for 1 hour, at 300° F.

ROSELLE ANGEL CAKE

½ cupful roselle jelly
¾ cupful flour
1 cupful sugar
Whites of 8 eggs
1 teaspoonful cream of tartar
¼ teaspoonful salt
½ teaspoonful vanilla

Beat the egg whites until frothy, add the cream of tartar, and beat until stiff. Gradually add the sugar, continuing the beating, and when all the sugar is added, fold in the flour mixed with salt and sifted at least 3 times. Add the vanilla, and bake in an ungreased pan for about 50 minutes. When the cake has risen and begins to brown cover it with a piece of paper to prevent burning the top. Melt the jelly and pour over the cake while hot.

ROSELLE LAYER CAKE

½ cupful roselle jam
¼ cupful finely chopped pili nuts
1½ cupfuls flour
1½ teaspoonfuls baking powder
½ teaspoonful salt
9 eggs
3 tablespoonfuls cornstarch
1½ teaspoonfuls lime juice
5 tablespoonfuls cold water
1½ cupfuls sugar
1 teaspoonful vanilla

Beat the egg yolks until thick and lemon colored. Add the sugar and beat again. Then add the lime juice, water, and vanilla and mix thoroughly. Gradually add the well-sifted flour, salt, and baking powder, and lastly fold in the egg whites beaten very well but not to stiffness. Bake in 3 well-buttered layer-cake pans. Remove the cake while hot and cool in a wire basket. Place the layers one on top of another, filling between the layers with roselle jam mixed with chopped nuts.

Cover the cake with cream frosting made as follows: Cream ¼ pound of butter with 1 cupful of sugar, and add little by little, while beating, ⅓ to ½ cupful of milk.

ROSELLE ICE

4 cupfuls roselle juice (see roselle juice)
½ cupful sugar

Dissolve the sugar in the juice and strain through a piece of fine cloth. Freeze in an ice-cream freezer, or better still in a mold.

The roselle syrup may be used instead of juice, 2 cupfuls of syrup diluted with 2 cupfuls of water and frozen will make about the same ice.

ROSELLE SHERBET

1 cupful roselle jam
4 cupfuls milk
4 tablespoonfuls sugar

Mix and freeze.

ROSELLE ICE CREAM

1 cupful roselle jam
4 cupfuls of cream
4 tablespoonfuls sugar

Mix and freeze.